



Self-Monitoring and Practice Social Distancing

This information is for returning travelers not experiencing any symptoms. If you have recently traveled and have a fever, cough, or trouble breathing, please contact your healthcare provider immediately. Tell them of your symptoms and recent travel history.



**Stay home and avoid close contact with others.
Do not go to work or school for this 14-day period.**

Monitor for fever by taking your temperature with a thermometer two times a day. If you develop a fever, coughing, or trouble breathing, please contact your healthcare provider immediately.



Do not take public transportation, taxis, or ride-shares.

Avoid crowded places (such as shopping centers and movie theaters) and limit activities in public.



Keep your distance from others (about 6 feet or 2 meters).

If you need support services during this self-monitoring and social distancing period, call the "Ask My Nurse" hotline 9am-7pm: (713) 634-1110



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You can return to your regular routine when 14 days have passed since your departure date, provided you remain well and have not been diagnosed with COVID-19. For example, if you left a country with a Level 3 Travel Health Notice on March 1, you can return to work starting on March 15. Employers should not require a doctor's note to return to work.